

DEPRESSION

Moses reported this to the Israelites, but they did not listen to him because of their discouragement and harsh labor. - Exodus 6:9

Symptoms

- Despondency
- Dejection
- Chronic sadness
- Hopelessness

Diagnosis

- Clinical Depression: symptoms persist beyond two years
- Depression: symptoms persist more than two weeks
- Emotional response or mood swing: anything less than two weeks

Physical Realm

- Hormones manage and respond to moods
- Chronic pain (thyroid problems, diabetes, arthritis, and others)
- Chemical imbalance (drugs, diet, lifestyle)
- Health (diet and exercise)
- Adrenal fatigue

Emotional Realm

- Sorrow and grieving
- Fear, anxiety, worry, panic
- Chronic sadness (pervasive pessimism)
- Personality conflicts (trauma responses)
- Confusion and lack of direction
- Bitterness

Spiritual Realm

- Spirit of suicide (better off dead)
- Spirit of hopelessness (victim mentality)
- Spirit of confusion

Prayer Strategies

- Pray for the source or root of the condition
- Follow the Spirit's lead into the primary realm (physical, emotional, or spiritual)
- Remove interference in the spiritual realm (take away legal ground)
- Mind renewal to restore health and peace in the emotional realm
- Pray for physical healing, and repent to healthy living

Redeemed Character Traits

- Compassion or mercy gift expressed outwardly instead of inwardly
- Sorrow redeemed to love through completing the grieving process
- Overwhelmed by responsibility becomes trust in God
- Hopelessness replaced with compliant faith